

The Gift of Breastfeeding



Making the choice to breastfeed is most important.

The benefits are many, but you may have concerns about breastfeeding.

This pamphlet gives ideas that will help you make a decision.



Making A Decision



The special gift . . .

Mother's breastmilk is the perfect food.

Mother's body is made to nurse, giving a special gift to baby.

Mother's love and breastmilk helps baby grow up healthy and happy.

Your breastmilk is special for your baby.

It changes daily to meet the needs of your growing baby. The amount of protein, carbohydrates, and fat found in breastmilk provides the perfect nutrition for baby to grow.

The perfect balance of nutrients makes the breastmilk easier for your baby to digest.

Babies breastfed past four months of age have fewer cavities.

Breastfeeding helps promote proper jaw, tooth, and speech development.

Breastfeeding reduces the chances of obesity later in life.



The Perfect Food



A speedy recovery

After the birth of the baby, one of the first changes for the mother is the size of the uterus. Each breastfeeding helps the uterus to return to its normal size.

Breastfeeding provides a special time for mother and baby. Even one or two feedings each day will allow for a quiet time for mom and baby.

Little by little, as you explore your baby and your baby explores you, an impression is made.

For your baby . . .

- . . . the touch of your skin,
- . . . the sound of your voice,
- . . . your heartbeat,
- . . . even your scent. . .

mean total comfort and love.



“Falling in Love” for Mother and Baby

Breastfeeding will save you dollars . . .

Breastfeeding costs less than buying formula. You need fewer bottles. Refrigeration is only required to store pumped breastmilk.

Extra costs may be noted, however, in the purchase or rental of a breast pump and extra food for mother.

. . . and time

Breastfeeding is convenient. You'll spend less time in the kitchen mixing formula, washing and warming bottles.

Breastfeeding is fresh. No storage is required unless milk is pumped and used at a later time.



And, it's healthy for baby . . .

Mother's breastmilk promotes optimum health and helps protect baby against many illnesses.

Breastfed babies have fewer stomach problems, diarrhea, or constipation.

Breastfed babies may have less doctor visits due to illness.



Breastfeeding Protects Your Baby

Special concerns

Mother's personal privacy

Many styles of clothing allow the mother to breastfeed privately. You may choose to wear a jacket or loose top with front openings or to cover yourself with a blanket.

Public areas may have special rooms available for nursing mothers. Arrange your day around your infant's feeding times. Consider taking expressed breastmilk in a bottle.





Breastfeeding requires practice and skill for both mother and baby.

Breastfeeding is important right after delivery to introduce your baby to your breast.

Do not give your baby bottle nipples or pacifiers until your milk supply is in and

a good sucking pattern is set. Allow up to four weeks for baby to learn this sucking pattern.

Frequent feedings are needed to insure that the mother's breastmilk supply will increase enough to meet your baby's needs.

Breastfeeding Is a Learned Process

Returning to work

It is very possible to combine work and breastfeeding. Before returning to work, talk with your employer and child care provider about your breastfeeding needs.



With a support person to answer questions, mothers find that breastfeeding gets easier and more rewarding.

A nursing mother burns up to 500 more calories each day compared to before pregnancy. She may need these extra calories to maintain a healthy weight.

A major advantage of breastfeeding for mothers is that they feel very special. Breastfeeding is something you will remember for the rest of your life. And, it is a unique and healthy gift given to your baby.



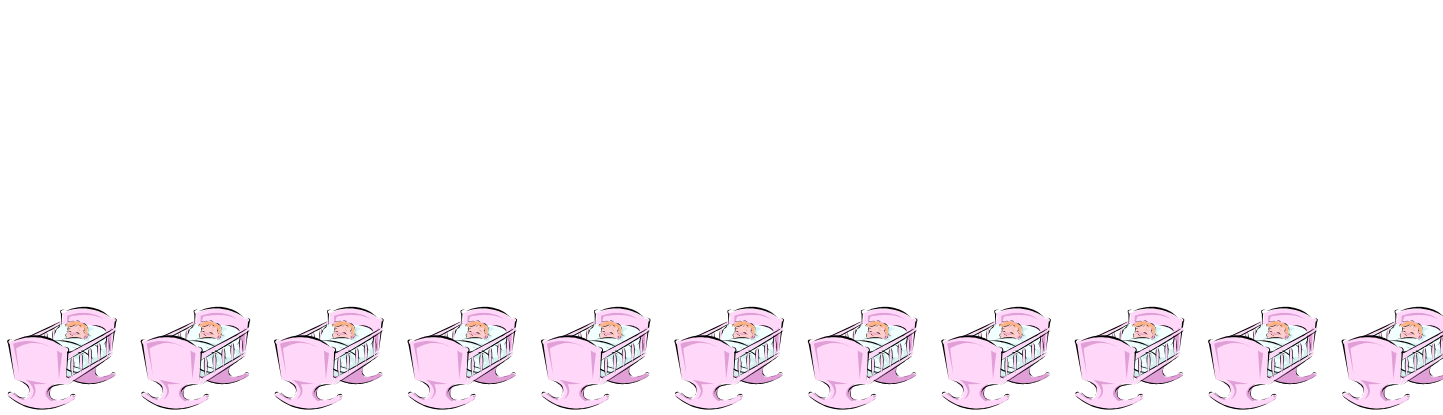
Mother's Well-being



After the Baby is Born

Expect to breastfeed your baby 8 to 10 times in 24 hours. As the baby grows and is older, the number of breastfeeding times per day will be less. However, the length of a feeding time may increase.

All babies go through growth spurts at about three weeks, three months, and six months. During these growth spurts, a baby may be fussy and want to nurse more often. When the baby does nurse more often, the breast milk supply increases and the baby is content.



Special Information

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